



21-22 HEALTH HANDBOOK COVID-19

Please note that information in this document is current at the time of this writing 8/3/2021, but changes are expected throughout the school year. The school nursing team will have the most current guidelines/requirements.

Note: Daily self-Certification through the MyMedBot app and temperature checks at school are no longer required. An annual self-certification is required to be completed for each student/staff member by 8/25/2021.

Important Requirement-Any student or staff member showing any symptom(s) of COVID-19 must remain at home-even if they have been fully vaccinated or have had COVID-19 infection in the past.

Do not send students to school if they have any of the COVID-19 symptoms listed below. CALL YOUR CHILD'S SCHOOL NURSE.

If one student has symptoms, all siblings and household members also must stay at home (unless the sibling/household member has been fully vaccinated (at least 2 weeks after receiving the second dose in a 2-dose series or at least 2 weeks after receiving a single-dose vaccine) or had a positive COVID-19 lab test within the previous 90 days).

*Symptom list and return to school requirements below are current as of 8/3/2021 but may be updated by the Illinois Department of Public Health (IDPH). The most recent list can be found here: <https://www.isbe.net/Documents/IDPH-COVID19-Exclusion-Decison-Tree.pdf> (English) <https://www.isbe.net/Documents/IDPH-Decision-Tree-Spanish.pdf> (Spanish)

- Fever (100.4 F or higher).
 - Never give medication to reduce the fever and then send the student to school.
- New onset of moderate to severe headache
- Shortness of breath
- New cough
- Sore throat
- Vomiting
- Diarrhea
- New loss of taste or smell
- Fatigue from an unknown cause
- Muscle or body aches from an unknown cause

*New means that the symptom is not caused by a condition the student has already been diagnosed with such as allergies or migraine headaches. If the symptom is consistent with the student's diagnosed condition in type of symptom(s) and severity, it would not be considered new.



Students with symptoms must meet IDPH requirements to return to in person learning available here:

<https://www.isbe.net/Documents/IDPH-COVID19-Exclusion-Decison-Tree.pdf> (English)
<https://www.isbe.net/Documents/IDPH-Decision-Tree-Spanish.pdf> (Spanish)

OR if symptoms are consistent with possible post-COVID-19 vaccine symptoms, requirements for return to school are here:

<https://www.isbe.net/Documents/Post-Vaccine-Guidance-Schools.pdf>

Excluded Siblings/household contacts will also be able to return to school when the student with symptoms meets the requirements to return.

*COVID-19 testing is strongly recommended when there are any symptoms of COVID-19.

Current IDPH requirements for return to in person learning after symptoms:

- Negative COVID-19 test result: The lab based RT-PCR test is the most accurate test available. The lab based RT-PCR test is currently required by CCDPH due to community transmission levels. At the current time, we cannot accept negative antigen or negative rapid PCR test results. The school nurses will be able to share the acceptable test types throughout the year as they may change.

OR

- A medical note from a healthcare provider stating that there is no clinical suspicion of COVID-19 and providing another diagnosis that is causing the symptom(s).

OR

- Remaining at home for 10 days after the symptom(s) start. Day one is the day after the symptom(s) start. After the 10 days, the parent/guardian must write a note stating that the ill student and his/her siblings/household contacts are free of fever without fever-reducing medications and symptoms have improved/resolved.

Positive COVID-19 Test Results

If your student has a positive COVID-19 test result or is told he/she is likely infected with COVID-19, call Samantha Dellaportas, Certified School Nurse as soon as possible at (708)675-9227. Isolation of individuals infected with COVID-19 is required.

Isolation instructions are here:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf> (English)
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-spanish.pdf> (Spanish)



Close Contacts

- Close contacts to individuals infected with COVID-19 continue to be required to remain at home and away from others in quarantine (unless they are fully vaccinated or were previously diagnosed with COVID-19 within the past 3 months).
- Close contacts are at increased risk for developing infection with COVID-19 and possibly spreading the infection to others.
- CDC/IDPH Definition of Close Contact:
 - Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes* or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*).
 - CDC/IDPH Exception for the indoor K-12 Classroom**: close contact definition *excludes* students who were within 3 to 6 feet of an infected student where:
 - both students were engaged in consistent and correct use of well-fitting masks; *and*
 - other K-12 school prevention strategies were in place in the K-12 school setting.

*Less time may need to be considered for higher risk close contacts such as if the case was coughing/sneezing, while eating (unmasked), high and medium risk sports for teammates and opponents, and music programs.

**This exception may not apply to teachers, staff, or other adults in the indoor classroom setting and does not apply to Preschool students. It does not apply to areas outside of the classroom such as lunch, PE, or extracurricular activities or in situations where masks were not consistently and correctly worn by the case and contacts.

- This is for contact that happens during the time the infected individual is suspected to be able to spread the infection to others: 2 days before symptoms start or 2 days before a positive test if there are no symptoms.
- Contact that happens only outdoors may not require quarantine.

Quarantine-Required for Close Contacts (by law)

Close contacts who are fully vaccinated (at least 2 weeks after receiving the second dose in a 2-dose series or at least 2 weeks after receiving a single-dose vaccine) and those who have had a positive COVID-19 test result within the 90 days prior to the close contact are not required to quarantine but are required to monitor for symptoms for 14 days and stay home/call the school nurse if symptoms develop. Quarantines cannot be shortened beyond the 10 or 14 days even with testing within the quarantine period.

Date of last exposure is always day 0.

D105 Quarantine Options :



1. Standard Quarantine at home for 14 calendar days and return to school on day 15 as long as no symptoms of COVID-19 have developed and the individual did not receive a positive test result during quarantine (required for Preschool).

Shortened Quarantine Option: (requires the individual to be able to strictly adhere to correct and consistent mask use and physical distancing of 3-6 feet at all times on return to school and for the full 14 days). Shortened quarantine would be allowed in grades K-8 only. Preschool would require 14-day quarantine. A 14-day quarantine may also be needed on a case-by-case basis (e.g. student unable to comply with strict adherence to masking, staff member with responsibilities that require distance less than 3 feet). School nurses can provide guidance on options available based on full details of circumstances.

2. Shortened Quarantine Option: Quarantine for 10 days after the close contact's last exposure to the COVID-19 case. On day 11, individuals may return to school only if:
 - No symptoms of COVID-19 have developed during daily monitoring
 - The individual can maintain social distancing* and masking at all times when returning to school. *For classrooms where masking is strictly adhered to, social distance of 3 to 6 feet is acceptable for return.
 - COVID-19 PCR testing prior to return to school is strongly recommended.

Before returning to school after quarantine, families must talk with the school nurse for approval.

Quarantine instructions can be found

here: <https://www.dph.illinois.gov/covid19/community-guidance/home-quarantine-guidance>
(English)

<https://www.mass.gov/doc/10-consejos-para-la-cuarentena-en-casa-y-la-autoevaluacion/download>
(Spanish)

If your student is identified as a close contact during the school day, you will be called and/or contacted with an automated phone/text message and will need to pick up your student as soon as possible. Your student will be separated from others and will remain at least 6 feet away from other individuals while awaiting pick up.

Close Contact (outside of school) and Quarantine

This CDC/IDPH general definition of close contact applies: someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.



- See above for quarantine options.
- If the case lives in the same household as the student and is not able to isolate completely away from the student, the student will need to quarantine at home for 20-24 days (10-14 days after the case ends their 10 day isolation). Complete isolation means staying in a separate room and not sharing any spaces with the student including bathrooms, kitchens, and living spaces.
<https://www.dph.illinois.gov/covid19/community-guidance/isolation-quarantine>
- If your child was identified as a close contact by an outside organization such as youth sports, youth clubs/organizations, or a local health department, your student is also required to remain home from school for 10-14 days after the date of last contact. Please contact your school's nursing office to discuss the situation

Social/Physical Distancing

The CDC recommends that physical distancing/social distancing be implemented to the extent possible where not everyone is fully vaccinated. The CDC recommends that schools maintain at least 3 feet of physical distance between students in classrooms combined with layering multiple other prevention strategies. However, they also state that schools should not exclude students from in-person learning to keep a minimum distance requirement. District 105 will work to maintain 3 feet distancing between individuals as much as possible. But, students may spend most of their school day and bus transports closer than 6 feet away from other individuals which means that they would be considered close contacts (outside of the classroom close contact exception described in the close contact section) and need to quarantine if they have close contact with an individual infected with COVID-19.

If your student may be at increased risk for severe illness if infected with COVID-19 due to current health conditions or medications, please check with his/her health care provider about the safety of returning to in person learning with social/physical distancing of less than 6 feet. Please contact Samantha Dellaportas, Lead District Nurse, if your child has a medical contraindication to in-person learning despite mitigation measures in place .

Lists of higher risk conditions can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> (English)

<https://espanol.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> (Spanish)

Face Coverings/Masks

Face masks are required indoors for all teachers, staff, students, and visitors (vaccinated and unvaccinated). Masks are also required for all individuals when using any school transportation (vaccinated and unvaccinated).

Face masks may be removed only when eating/drinking or when outdoors. There may be times when masks are required outdoors: if community transmission levels are substantial or high,



during crowded outdoor activities, or during activities that involve sustained close contact with other people who are not fully vaccinated.

The only exceptions are for students who have medical exemptions on file from their health care provider.

- Please work with students to practice wearing face masks for extended periods and ensure that the mask always covers both the mouth and nose, as consistent and correct mask use can decrease the spread of COVID-19 and decrease the need to quarantine after close contact with an infected person.
- Face coverings need to:
 - Have 2 or more layers
 - Completely cover the nose and mouth
 - Fit snugly against the sides of the face and not gap at the sides
 - Comply with District 105 policy (7:160) and rules on student dress.
 - District 105 will not be allowing:
 - Face coverings with vents/exhalation valves
 - Gaiters (wide tubes of fabric that can be worn around the neck and pulled up to cover the nose and mouth)

Lunches and Snacks

Lunches and snacks may be eaten in the classroom, outdoors, and in the cafeteria. Staff will maximize physical distancing during eating as much as possible and will try to hold snack outdoors as much as possible. Six feet of physical distancing will not always be possible between students. Distancing will be no less than 3 feet. Desk shields or other barriers may also be used within the cafeterias. Students will be required to put their masks back on as soon as they are finished eating. Close contacts during indoor lunch and snacks (as masks are removed) will be those who have spent 15 minutes or more closer than 6 feet to a case. Our food allergy policy was updated last school year, and we will continue with no restrictions on foods within the classroom. Students will be required to wash their hands before and after eating. Students will not be allowed to share/trade foods, and surfaces used for eating will be cleaned/disinfected after eating. Students needing nut free seating in the cafeterias will have access to the nut free table or will be seated at the end of a lunch table with the nearest other students 3 feet away.

COVID-19 Testing/Screening Programs

LaGrange School District #105 is pleased to offer COVID-19 screening and testing options for families and staff. All testing options are open to all (unvaccinated and vaccinated):

- SHIELD Illinois-weekly saliva-based screening for students and staff who wish to participate. Testing will be available at each building once per week.
- SHIELD Illinois-saliva-based OUTBREAK testing for students and staff who wish not to participate in weekly screening but would consent to testing in the event he/she is involved in an outbreak situation
- BinaxNOW rapid antigen test for students and staff who develop COVID-19 like symptoms during the school day.



All families/staff members need to sign a consent form prior to participating in any of the testing options.

When Students Become Ill At School

- Ill students will be referred to the school nurse's office where they will be cared for in a quarantine space that is distanced from where care of well students takes place.
- Students with any symptoms of COVID-19 will be sent home as soon as possible with written criteria for when to return.
- Siblings and household contacts are also required to be sent home at the same time **(unless the sibling/household member has been fully vaccinated (at least 2 weeks after receiving the second dose in a 2-dose series or at least 2 weeks after receiving a single-dose vaccine) or had a positive COVID-19 lab test within the previous 90 days).**
- Nurses will coordinate with custodial staff to ensure areas used by the ill individual are cleaned and disinfected.
- **Make sure parent and emergency contact numbers and email addresses are always up to date in your school's office and that you have plans in place to quickly pick up or arrange for pick up of your student in the event that he/she becomes ill or has an exposure to COVID-19 at school.** Have child care plans and back up plans in place in case students need to be out of school for longer periods such as 10 or 14 days.

Visitors

All visitors must enter through the main entrance of the building. Visitors will be required to wear face masks and maintain a physical distance of 6 feet. Visitor name, contact information, and areas visited within the building will continue to be recorded for contact tracing and security purposes.

Shared Objects/Cleaning/Disinfection

Shared objects and frequently touched surfaces will be cleaned and disinfected in accordance with CDC guidelines.

Hand Hygiene Practices

Proper hand washing techniques will be taught to all individuals, reinforced, and practiced. Students will be directed to regularly wash their hands and/or use hand sanitizer throughout the school day. When practical, students will use classroom sinks or hand sanitizer stations within each classroom. When bathrooms are used for handwashing, the number of students will be monitored, to the extent possible, to support the ability to safely socially distance. Illness prevention and health promotion messages and signs will be communicated and posted throughout the school.



Communication

The district will maintain ongoing communication with stakeholders around the COVID-19 pandemic utilizing all available communication methods such as phone calls, phone/email blasts, social media messaging, SMS (text) messaging, and written communication in accordance with the urgency of the situation and with translation provided where needed. The district will communicate diagnoses/exposures in a manner consistent with recommendations of the Cook County Department of Public Health and applicable privacy laws to protect the privacy/confidentiality of the affected individual(s)/families while also providing necessary information to our school community. Communication will be handled on a case-by-case basis.

Travel

- D105 does not have *required* quarantine after travel in place but continues to *strongly recommend* following travel guidance from CCDPH.
- Please visit their website for more information:
<https://cookcountypublichealth.org/communicable-diseases/covid-19/covid-19-travel-guidance/> or
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html> (international travel)

Vaccine Information

The CDC school guidance notes that achieving high levels of COVID-19 vaccination among eligible students as well as teachers, staff, and household members is one of the most critical strategies to help schools safely resume full operations.

COVID-19 vaccines are available for all individuals 12 years of age and older and are free.

For more information about the COVID-19 vaccine, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html> or the American Academy of Pediatrics:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

Vaccine Resources:

- Cook County Health is offering everyone age 12+ the Pfizer COVID-19 vaccine free of charge at vaccination sites across the suburbs:
<https://vaccine.cookcountyil.gov/> or 833-308-1988
- Pharmacies: There are over 1,000 pharmacies across the state administering COVID-19 vaccine. Families can search <https://www.vaccines.gov/search/> by the “Pfizer” filter to identify area pharmacies with available appointments providing vaccines approved for young people.
- Hospital or Primary Care Provider: Many Illinois hospitals, primary care providers, and pediatrician offices are providing COVID-19 vaccines. You can



reach out to your child's primary care provider to see if they have appointments available.

- Federally Qualified Health Centers (FQHCs): FQHCs are community-based care providers that provide primary care services in underserved areas. You can visit [FQHCs and LALs by State](#) to see if they have available appointments for your child. Services are offered on a sliding payment scale.

A record of vaccination is required for quarantine exemption if close contact occurs. Please submit records of vaccination after both doses have been received to Samantha Dellaportas, certified school nurse at: sdellaportas@d105.net

Public Health Structure/Resources

- Centers for Disease Control (CDC) provides national level guidance for items that affect many states.
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
- IDPH tailors guidelines for Illinois and works with Illinois-specific school agencies like ISBE and Illinois High School Association (IHSA).
<http://www.dph.illinois.gov/news/illinois-department-public-health-adopts-cdc-covid-19-prevention-school-guidance>
<https://www.dph.illinois.gov/covid19/community-guidance/school-guidance>
<https://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>
- CCDPH tailors guidance specifically to suburban Cook County. CCDPH may endorse IDPH and CDC guidelines and make more specific guidance appropriate for the county.
<https://cookcountypublichealth.org/communicable-diseases/covid-19/>
<https://cookcountypublichealth.org/communicable-diseases/covid-19-sp/> (Spanish)